

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the Application.

**LISTING OF CLAIMS:**

Claims 1-9 (cancelled).

Claims 10-30 (new).

**CLAIMS:**

Please cancel Claims 1-9 without prejudice and add the following new claims:

**Claim 10 (new).** A combination of a shoe having a heel of one or more inches in height and a resilient footbed removably received in the shoe wherein the shoe comprises a forward toe box for receiving the toes of the wearer without pressure being exerted against them by the toe box in normal use of the shoe to dislocate the proximal and distal phalanges of the wearer's foot, the shoe comprising a rear heel portion which grips and holds the wearer's heel firmly in a cradle-like arrangement above the calcaneus bone of the wearer's heel, the footbed having a configuration which conforms to the configuration of a inner sole of the shoe, the footbed comprising a heel cup that distributes the pressure of the wearer's heel against said footbed and contributes to the cradle-like arrangement of said rear heel portion, a calcaneus-cuboid bar underlying the forward part of the wearer's calcaneus bone, the footbed further comprising a metatarsal pad, an arch support and a bar under the wearer's toe sulcus, whereby the wearer's heel is firmly held in place and the foot is prevented from sliding forward in normal usage so that the wearer's toes are not constricted in said forward toe box.

**Claim 11 (new).** A combination in accordance with Claim 10, wherein the footbed further comprises at least one cavity disposed under the portion of the footbed which is received under the wearer's heel that increases the compressibility of the footbed at said portion.

**Claim 12 (new).** A combination in accordance with Claim 10, wherein the footbed further comprises at least one additional cavity disposed under the area of the footbed which receives the wearer's joint between the first metatarsal bone and the adjacent proximal phalange, said additional cavity increasing the compressibility of said footbed at said area.

Claim 13 (new). A combination in accordance with Claim 10, wherein the footbed comprises at least one further cavity disposed at a location under said calcaneus-cuboid bar which distributes the pressure received at said location over a broader area.

Claim 14 (new). A combination in accordance with Claim 10, wherein the footbed's underside comprises a plurality of grooves extending inboard relative to the wearer's foot which increase the compressibility of the footbed.

Claim 15 (new). A combination in accordance with Claim 10, wherein said shoe comprises a woman's pump.

Claim 16 (new). A combination in accordance with Claim 10, wherein said heel of the shoe is between about one and two inches in height.

Claim 17 (new). A combination in accordance with Claim 10, wherein the height of said heel of the shoe is between about two and three inches.

Claim 18 (new). A combination in accordance with Claim 10, wherein the height of said heel of the shoe is greater than about three inches.

Claim 19 (new). The combination of a shoe having a heel which is at least one inch in height and a resilient footbed received in the shoe wherein the shoe comprises a forward toe box for receiving the toes of the wearer without pressure being exerted against the wearer's toes by the toe box in normal use of the shoe to dislocate the proximal and distal phalanges of the wearer's foot, the shoe having an inner sole and a rear heel portion which is configured to grip and hold the wearer's heel firmly in a cradle-like arrangement above the calcaneus bone of the wearer's heel, the footbed conforming to the configuration of said inner sole and comprising a heel cup that distributes the pressure of the wearer's heel against the footbed and cooperates with said cradle-like arrangement in said rear heel portion of the shoe and a calcaneus-cuboid bar

underlying the forward part of the calcaneus bone of the wearer and a bar under the wearer's toe sulcus, whereby the wearer's heel is firmly held in place by said cradle-like arrangement at the heel of the shoe in cooperation with said heel cup of the footbed effectively to restrict the wearer's foot from sliding forward in the shoe so that the wearer's toes are not constricted in said forward toe box.

**Claim 20 (new).** A combination in accordance with Claim 19, wherein the footbed further comprises at least one cavity disposed under the portion of the footbed which is under the wearer's heel which increases the compressibility of the footbed at said portion.

**Claim 21 (new).** A combination in accordance with Claim 20, comprising at least one further cavity disposed under the area of the footbed and the wearer's adjacent proximal phalange that increases the compressibility of the footbed at said area.

**Claim 22 (new).** A combination in accordance with Claim 21, comprising at least one additional cavity disposed at a location under said calcaneus-cuboid bar that distributes the pressure received at said location over a broader area.

**Claim 23 (new).** A combination in accordance with Claim 22, wherein the underside of the footbed comprises a plurality of grooves extending inboard relative to the wearer's foot which increase the compressibility of the footbed.

**Claim 24 (new).** A combination in accordance with Claim 19, wherein said shoe comprises a woman's pump.

**Claim 25 (new).** A combination in accordance with Claim 19, wherein said heel of the shoe is between about one and two inches in height.

**Claim 26 (new).** A combination in accordance with Claim 19, wherein the height of said heel of the shoe is between about two or three inches.

Claim 27 (new). A combination in accordance with Claim 19, wherein the height of said heel of the shoe is greater than about three inches.

Claim 28 (new). The combination of a shoe having a heel of about one or more inches in height and a resilient footbed in the shoe wherein the shoe comprises a forward toe box for receiving the toes of the wearer without pressure being exerted against them by the toe box in normal use of the shoe to dislocate the proximal and distal phalanges of the wearer's foot, the shoe having an inner sole and the footbed having a configuration which conforms to the configuration of said inner sole, the shoe having a rear heel portion which grips and holds the wearer's heel firmly in a cradle-like arrangement above the calcaneus bone of the wearer's heel that substantially embraces said calcaneus bone, the footbed comprising a heel cup which distributes the pressure of the wearer's heel against the footbed and contributes to the aforesaid cradle-like arrangement, the footbed further comprising a calcaneus-cuboid bar underlying the forward part of said calcaneus bone of the wearer, a metatarsal pad, an arch support and a bar under the wearer's toe sulcus, whereby the wearer's heel is firmly maintained in place and the foot of the wearer is prevented from sliding forward in normal use of the shoe so that the wearer's toes are not constricted in the forward toe box.

Claim 29 (new). A combination in accordance with Claim 28, wherein the footbed further comprises at least one cavity on the underside of the footbed which receives the wearer's joint between the first metatarsal and the adjacent proximal phalange to increase the compressibility of the footbed in said area, at least one further cavity, and a plurality of grooves extending inboard relative to the wearer's foot in the bottom of the footbed to increase the compressibility of the footbed.

Claim 30 (new). A combination in accordance with Claim 28, wherein said heel of the shoe has a height of between about one and two inches.